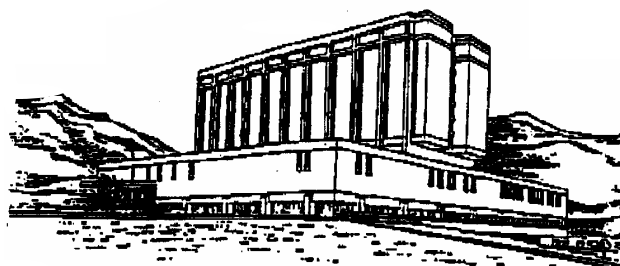


WBAMC

FAMILY READINESS GROUP NEWSLETTER

JANUARY/FEBRUARY 2006

VOLUME 2, ISSUE 6



News from the Front:

A Holiday Message from
LTC John Shriver

A happy holidays from the "Beaumont People" at the 10th Combat support hospital. Thought we could take a minute to send a Christmas wish from the "cradle of civilization" (AKO: our Mesopotamian Paradise). The 10th Combat Support Hospital, widely known as the "Best most powerful combat support hospital in the world", has set up shop at the Ibn Sina hospital. The first day of elections has passed. The morning of elections started out with a bang. Really, there was a pretty big explosion somewhere nearby, enough to shake the windows and elicit a couple of startled yelps. Worry not, our compound is safe and imbedded deep in the "secure area" of the Green Zone. Days here kind of blend together. Mornings are pretty quiet and then become gradually busier. Usually at night, the helicopters start to bring in more and more until about midnight. Then we finish taking care of those patients until sunrise, and then it is pretty quiet and becomes gradually busier.... etc. Occasionally something "big" happens and you don't know how you're going to get everything done until it's over, and you realize a whole day has passed. Certainly makes the time pass quickly. The medical experience is very good, but I think we would all trade it for peace anytime.



We appreciate all the support from the folks at home. Your love and support keep up motivated and give us hope. The sanity of life in the US keeps us grounded and allows us to live and function in chaos. Please keep tabs so we do not forget the joys of being home. Our living conditions are quite good. Most have a two or three person room. The barracks are four story buildings with a flat roof. We often sit on top and enjoy a view of the city. The weather is a lot like El Paso and you can just barely see the crossed swords in the distance. The "Palace/Embassy" is just a hop, skip, and low crawl away. It is very pretty, although the Americans have let the gardens, pool, and maintenance go a little bit.

I am sure it looked better before the 12 foot concrete barricades surrounded it and the generators were brought in. There is no Grey Line Tours office to schedule a tour of the city. Tourism, despite the multitude of international visitors, seems fairly non-existent. The chow hall is a short walk down a heavily guarded street. The food is usually meat, vegetables, and salad. Made to order omelets for breakfast, crab legs once a week, lobster every other week, and steak frequently. The quality is much like you might get at the Golden Corral, but who can complain. Many units still are without hot chow and we are thankful for all we have.

Support from home keeps morale high. Time seems to fly. We all look forward to our return, but will focus on the job at hand until that time. Thank you all and our many friends for their support. It is easy to see how sometimes, we seem to have a need to add misery to our lives when there is no outside force that threatens us daily. May the spirit of the holidays remind us all of how blessed we are to be able to find work, be part of a family, have everything we need along with many of the things we want, and to be free.

Merry Christmas to all and Happy New Year! A'salam a'lakum.



Calendar of Events

January 30	EFMP Support Group 1800-1930 at ACS
February 3,4	Health Care Consumer Forum 0900 at ACS
February 6	FRG Monthly Meeting 0930--Surgical Conference Room
February 7	NCOWC Meeting POC Jan 851-2311
February 9	FRG Sponsored Blood Drive 100-1400 in the CAR
February 16	OCSA Luncheon POC Barbara 562-3947
February 19	Race for the Cure Biggs Army Airfield
February 20	FRG Newsletter Deadline
February 21	Internet-Safety Training 1800 in the CAR
February 25	FBOCSA Western Night POC Deb 822-9390
February 27	EFMP Support Group 1800-1930 at ACS
March 3,4,5	OCSA Spring Bazaar
March 6	FRG Meeting 0930—Surgical Conference Room



The FRG Newsletter is now online!

<http://www.wbamc.amedd.army.mil/frg/FRGMain.html>

If you would like the newsletter sent to you via e-mail, please contact Mary Fran LeMar at LEMARHO@AOL.COM

Submissions to the newsletter may be sent to Sheila Theune at sheilatheune@usa.net

FRG Officers:

Tina Leech	Advisor	
Mary Fran LeMar	Coordinator	585-1975
Cindy Barrington	Assistant Treasurer	566-1953
Sheila Theune	Newsletter Editor	584-5613
Debbie Kembro	Secretary	822-9390
Mary Fran LeMar	FRG POC	585-1975

Positions Available:

- Assistant Coordinator
- Hospitality
- POC's

If interested please call Mary Fran. 585-1975

WELCOME HOME:

LTC John Shriver	LTC Miguel Rosada
2LT Carl Barrington	CPT Alex Schermer
SSG Darrick Crouchet	MAJ Michelle Synder
1LT Hernan Erazo	CPT Cherrie Weber
CPT Aaron Elliott	MAJ Trent Westernoff
2LT Emiliana Escueta	LTC Jacinto Zambrano
CPT Don Gladden	CPT Sashi Zickefoose
2LT Geno Herron	MAJ Joseph Zubak
CPT Denar Joyner	MAJ John Neumann
2LT Michele Littrel	CPT Cherita Ogunsanya
MAJ Marc Lewis	1LT Ausha Sannicolas
1LT Brooke MacKinder	CPT Steven Schoenicke
SPC Kelly Roy	LTC Wendell Holladay

Newcomer Services

•Newcomer Briefings: Daily at ACS—Call 568-1132

•Junior Enlisted Family Center—can provide food, diapers, and household goods to families in need.

•Project Endeavor (At ACS)—Help for family members seeking employment

•School Liaison (At ACS)—information & assistance with schools and home school programs

Helpful Information:

Family Assistance Center: 568-1132
Red Cross: 569-2483 or
Emergency Messages: 1-877-272-7337
WBAMC Appointments 569-CARE (2273)



The American Red Cross, Armed Forces Emergency Services station in WBAMC is recruiting for volunteer leadership positions. No experience necessary, will train. General volunteer positions are available as well. Please contact our office at 569-2483 for additional information.

News from the FRG

Happy New year!

2005 was quite a year! The FRG has done many things this year to support our WBAMC Family. We have had FRG meetings, SRP fundraisers, joined in the JOC Fall Fun Festival, Easter Egg Hunt, Holly Daze III, Spring Boxes, and had dinner with our deployed families to name just a few. We have welcomed home many of our returning deployed soldiers at the airport. I would like to thank you all who have participated in these many events. We could not have done it without you!

As 2006 Begins I hope you all will join in and help make the FRG stronger and more visible in the hospital. The FRG has many activities to plan in the upcoming months. I hope that some of you will offer your talents and ideas to make them a success. Many positions are still available. I hope when you are looking for something new to do in the upcoming year, you will think of your FRG. The rewards are great!

Thank you for all that you do and continue to do in supporting WBAMC families.

Mary Fran LeMar
FRG Coordinator
585-1975
Lemarho@aol.com



Scholarships:

•**NMFA Scholarship**—National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarship applications will be available online Jan. 15—April 12, 2006.
<http://www.nmfa.org/scholarships2006>

•**OCSA Scholarship**—The Ft. Bliss Officers, Civilian, & Spouses Association are now accepting applications for the annual merit scholarship given to active duty junior enlisted spouses, OCSA members continuing their education and OCSA member dependents. Applications are available at ACS, Junior Enlisted Center, Country Junction and through unit representatives. WBAMC's Rep is LTC Tina Leech (Christine.Leech@us.army.mil). For further information call Sue Huggler at 566-4408.

DEPLOYMENT & REDEPLOYMENT INFORMATION

3 Free Hours of Childcare for Deployed Families

- Contact the Childcare Center at 568-4374 for more information.
- Registration at the Childcare Center is required.
- A copy of the deployed spouse's orders is required.

Help for Children Dealing with a Deployed Parent

A new book entitled, *Deployment Journal for Kids* by Rachel Robertson, gives children a special place to record feelings and events during a loved one's military deployment. The companion website <http://www.deploymentkids.com> offers time zone and distance calculators, games, and tips for getting through the deployment.

Communications Tips (From LT Barrington, presently deployed with the 228th CSH)

- Best calling cards: AT&T and AAFES (may be purchased at PX or online at <https://thor.aafes.com/scs/default.aspx>)
- Iraqi internet based phones from Segovia/Spawar (<http://www.oif.spawareurope.net>). These accounts must be used at special phones available at many FOBs.

Tips for Surviving a Deployment

- Get plenty of rest
- Exercise
- Use whatever type of communication (e-mail, letters, tapes, etc.) that is available to your soldier
- Learn a new skill
- Get to know your neighbors
- Go out occasionally with your friends
- Get a sitter or child swap with a friend and go shopping
- Stick to your child's routine
- Break up the week with a special activity
- Don't watch the news all the time
- Go to your FRG meeting
- Volunteer

Homecoming Coping Strategies

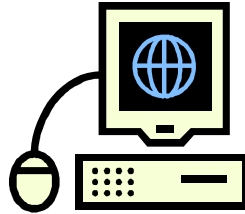
- Don't play who had it worst
- Stay flexible
- Avoid Criticism
- Anticipate fatigue
- Focus on the positive
- Go slowly
- Watch finances
- Expect Chance
- Plan family togetherness



Helpful Hints for Redeployment

- Accept things will be different
- Talk about your experiences
- Go slowly—don't try to make up for lost time
- Spend quality time with your children
- Reassure your children—change often frightens them
- Cure your desire to take control or spend money
- Accept that your partner may be different
- Intimate relationships may be awkward at first
- Take time to get reacquainted
- Forget your fantasies—reality may be different
- Take time to readjust
- Communicate with your partner and your family

Parents and Children! Join us for Internet-Safety Training



Attend an informative, interactive discussion on internet safety and being a good "cybercitizen". This 30-minute discussion is designed for parents and teens in middle and high school. We will discuss how to keep your family and your computer safe online as well as the repercussions of using the computer to harm someone. Parents will leave with resources which help to explain the internet culture and information for reporting inappropriate behavior to authorities. The presentation is being given by Donna Johnson a WBAMC employee, who during 2004 was a computer trainer for the local Girl Scout Council and trained over 500 children on various computer applications to include the internet and internet safety.

Tuesday, February 21st at 1800hrs at the WBAMC Clinical Assembly Room (the "CAR"); first floor of the hospital across from the credit union. This will be a "BYOD" Bring-Your-Own-Dinner (suggest swinging through your favorite fast food place). A simple dessert (cookies and ice cream) will be served at the conclusion of the training.



SELF CARE PROGRAM

The Self Care Program is designed to give you information to assist you in making decisions on how to best take care of yourself from the health perspective. The Program is on a walk in basis at the Soldier Family Medical Center (SFMC) on Monday through Fridays from 0800-1600, we recommend taking it in the afternoons, 1300-1600. The Program consists of a 25 minute videotape followed by a brief explanation of the "Taking Care of Yourself" book or the "Soldier Health Maintenance Manual". Following this a sticker is placed on your I.D. card that is to be shown at the SFMC Pharmacy or the 3rd floor Outpatient Pharmacy at WBAMC. You will then receive a sheet listing 27 different over the counter medications that you receive free of charge as a participant of the program. You can receive one product order only once over a two week period of time and can receive a total of four of the 27 products at one time as well. The Self Care Program is also taught in a variety of different settings as well as for FRG groups and specific units requesting the class be taught to their units.

Any questions, please call Bruce Gramlich at 569-2759 or the Wellness Center at 568-1869.

Tele-Nurse new hours of operation are 0700 -2300, seven days a week including training and federal holidays, increasing access to professional medical advice.
Call: 569-4444



This and That:

•Free SAT/ACT Software for Military Families: To facilitate ordering, DoD has created a secure website through its Military Homefront site <http://www.militaryhomefront.dod.mil>. The sponsorship covers the regular purchase price of \$199 and the family pays only the shipping and handling. E-mail families@nmfa.org with any questions.

•www.skype.com is a free internet phone caller. All you need are headphones and a microphone.

• You can send cards to our wounded American military heroes to let them know how much their service is appreciated. The address is:

A Recovering American Soldier
c/o Walter Reed Army Medical Center
6900 Georgia Avenue, NW
Washington, D.C. 20307-5001

•Tax statements for 2005 are available on myPay.

•DoD drivers must use hands-free cell phones: A new federal law prohibits using cell phones while driving on DoD installations unless the phones are hands-free. The law comes in response to statistics citing an increased number of traffic accidents directly or indirectly contributed to by cell phone use.

•Vehicle registration services can no also be obtained at the Robert E. Lee Pass Office. Hours of operation are 0500-2200, 7 days a week including holidays and training holidays.

EFMP Support Group

Monthly meetings at the ACS Building 2492 Ricker Road
POC Jessica Torrence (568-7088_

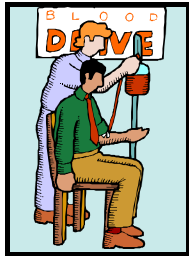
Meeting time is from 1800-1930

Dates are: Jan. 30, Feb. 27, March 27, April 24, May 22, and June 26.

Around the Hospital

Fort Bliss Youth Services has several activities for youth of all ages. Dance, tutoring, SAT prep, Teen Council, and after school programs to name a few.

Please contact Gabriele Johnson (YESS, Director) (915)-569-7732 for more information.



Next FRG Blood Drive February 9, 2006 1000-1400—In the CAR

Our goal is 50 participants!! (10 from each company, 10 family members, and 10 WBAMC employees.) Hope to see you there!
<http://www.militaryblood.dod.mil>

We have an urgent need for donors!!

All units received go to the aid of patients at WBAMC or to our troops in Iraq and Afghanistan.

COL Leech has approved a 3- day pass to each active duty soldier who donates!



WBAMC Prayer/Bible Study groups:

Bible Study Group – Every Tuesday, 1200 Noon - 1300, in the Chaplains' Conference Room, 1st floor, Rm. 1-146. Present study, "The Prayer of Jabez", by Bruce Wilkinson.

Bible Study Group – Every Tuesday, 1200 Noon - 1300, in the Logistics Conference Room, 4th floor, Rm. 4L2, Bradley Bldg. Present study, "Battlefield of the Mind", by Joyce Meyer

WBAMC Chapel Services

Weekly M-F 1205 Catholic Mass
1st Saturday of the Month Catholic Mass 1205
Weekend Catholic Mass Saturday 1700 Only
Sunday Catholic Mass 0835 and again at 1135
Sunday Protestant Service 1000



PWOC:

Protestant Women of the Chapel

(Ft. Bliss Ladies Christian Fellowship)

• When: Wednesdays 0930-1200 & Evening Bible Study 1830-2030

• Where: Religious Activities Center (Pershing & Merit), but meet at the Chapel (next to the RAC) first for Praise & Worship

• Free Childcare available at both meeting times with "home school" rooms available in the morning

• Everyone Welcome!! Join us for Praise & Worship, Fellowship & Food, Bible Study & Prayer.

• For more information contact Rebecca @564-0860 or Cindy @562-8982

WBAMC DEPLOYED SOLDIERS' MAILING ADDRESSES

85th CSC

Rank, Name
85th Medical Detachment CSC
APO AE 09334

MNF-1

Name
MNF-1 Surgeon's Office
Victory
APO AE 09342

3ACR Support Squadron

Rank, Name of Soldier
HHT 3/3 ACR
APO AE 09361



10th CSH Task Force North (Baghdad)

(Rank) 1st Name, Last Name
10th Combat Support Hospital
APO AE 09348

10th CSH Task Force South

(Rank) 1st Name, Last Name
10th Combat Support Hospital
APO AE 09331

47th CSH

Rank, Soldier's Name
47th Combat Support Hospital
FOB Speicher
APO AE 09393

704th SB/4ID

Rank & Soldier's Name
C 704 SB 4ID
Unit # 42502
APO AE 09361-2502

1-61st CAV

Rank & Soldier's Name
HHC, 4th BTC
Unit #41505
APO AE 09390-1505

1-6th INF/1AD

Rank & Soldier's Name
HHC1/6INF
APO AE 09330

2/8 INF/4 ID

Rank, Soldier's Name
Medic Station
HHC, 2-8 INF BN, 4ID
Unit: NC 24
APO AE 09312

1-22INF/4th ID

Rank, Soldier's Name
HHC, 1-22 Infantry, Medics
Unit # 42506
APO AE 09361-2506

981st Med Det

Rank, Soldier's Name
981st Preventive Medicine Detachment
Camp Buehring, Kuwait
APO AE 09330

249th General Hospital

Last Name, First Name
TF Strength/249th General Hospital
APO AE 09311

Upcoming Events

Come One! Come All!
To the Wildest "Western Night" ever done been seen in
these
here parts!

All brigades, battalions, departments, businesses
 and even the general public are invited.



Along with our Fabulous "Basket Auction", Calf Judging and other surprises we will be hosting a Texas Hold'em Tournament during the event. A \$20 donation will pay for your entrance into the tournament. Reservations are recommended, as seating will be limited.

Don't Forget: All proceeds will go to benefit the Ft. Bliss-El Paso Community.

The O'Club - Ball room
 February 25, 2006

6:00p-6:30p Social / Buffet Dinner @ 6:30p
 \$16.00pp - Walk Ins WILL NOT be Accepted

Make Reservations by February 20, 2006 to Teresa at 562-6265/
tesseyevan@hotmail.com or Gabriele at 859-4837/
schlichnger@aol.com



AFTB Classes

For more information call 568-AFTB

Level 1

Feb. 7-9	1800-2100
March 7-8	0900-1430
April 4-6	1800-2100

Instructor Training

Feb. 21-23	0900-1430
May 22-25	0800-2100

Level 2

Feb 14-16	0900-1430
April 18-20	1800-2100
April 24-25	1800-2100

Level 3

March 28-30	0900-1430
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Did you know?

If an enlisted soldier takes any of the AFTB (Army Family Team Building) Levels he/she receives a certificate of training. Level I has 8 hours of training, Level II has 20 hours of training and Level III has 18 hours of training. They must submit these certificates to their PAC office (personnel) and then they are awarded promotion points based on the number of training hours they have and their MOS. (I need to find out about college credit)



Wives of Warriors Conference

February 3 (1800-2100)

&

February 4 (0900-1600)

Lunch is included and free childcare is available with pre-registration. Conference will be held at Center Chapel 1.

Sessions include: Marriage Intimacy, parenting, time management, stress, and dealing with change.

Registration deadline: Jan. 29

POC is Tammy Null

566-2974 or nulls@hotmail.com



Army Nurse Corps 105th Anniversary Celebration

"Preserving our past to guide our future"

Guest Speaker:

BG(R) Clara Adams-Ender, 18th Army
 Nurse Corps Chief

Saturday, 4 February

1130-1430

The Officers' Club

Cost: \$15.00

Please purchase tickets by Jan. 30.

Contact MAJ Capers at 3-9930 or

CHERYL.CAPERS@amedd.army.mil to
 purchase tickets.



Mrs. Clause, AKA Cindy Barrington—FRG Treasurer, appeared at the WBAMC Tree Lighting Ceremony, Dec. 15, 2005

NOVEMBER PROMOTIONS & AWARDS

PROMOTION TO CPT

ILT LEE DEMOTICA
ILT RACHELLE RAMIREZ

MEDCOM

OUTSTANDING EMPLOYEE OF THE YEAR WITH A DISABILITY

MR. MARTY WAGNER

ACHIEVEMENT AWARD FOR CIVILIAN SERVICE

LINDA J. MOSER-WILSON

CUSTOMER RELATIONS EXCELLENCE CERTIFICATE

FRG
MAILROOM

MSM'S

LTC BRADLEY C. GREGORY	RET
MAJ WILLIAM G. MARZULLO	RET
SFC CAREN M CATE-WILSON	RET
SFC MARCUS T. WOOD	PCS

ARCOM'S

MAJ MIGALIA MACHADO	PCS
ILT JULIE A. DEVINE	ETS
SSG MAYOBANEX RODRIGUEZ	PCS

AAM'S

MAJ JOSEPH J. ZUBAK	ACH
SGT KIMBERLY CHITTICK	ETS
SPC VICTOR L. CANTU	ACH
SPC DAVID A. MARSHALL	PCS
SGT ERNEST C. DELACRUZ	ACH
SPC KIMBERLY D. AUT	ACH
SGT KAREN HAUPT	ACH
SPC REBECCA FERM	ACH
SPC DOUGLAS WESTBROOK	ACH

MOVSM

SSG GERALD D. STORY SVC

PATIENT SAFETY

LTC NANCY SANCHEZ
2LT ANGELO FIORE
SGT ANDRIENNE BRYANT

AMIGO AIRSHO (COA)

SPC LILIAN BELL	ACH
SPC RACHEL CRANE	ACH
SPC MICHAEL SOLTER	ACH

REGIMENTAL BALL

LTC STEVE MIDDLECAMP -- COIN
CPT STUART GODWIN -- COIN
MSG RICARDO ADAMS -- COIN
ISG CHRISTOPHER KUKLOCK -- COIN
SSG THOMAS KWOLEK--COIN
SGT JOEL COLON -- COA
SGT JEREMY SLOCUM -- COA
PFC ALESSANDRO LICOPOLI -- COA
PFC JUSTIN VAUGHAN -- COA
SGT JONATHAN MATTHEWS

EXCELLENCE IN SERVICE

FELIPE GALLEGOS

YEARS OF SERVICE

CAROL M. SEIDENSTEIN—30 YRS
SAMBHU N. BHATTACHARYA—20 YRS
LORETTA ELLIS—20 YRS

EMPLOYEE OF THE MONTH

EDWARD L. WOODS—RAD

EMPLOYEE OF THE YEAR

MELISSA A PACHECO—PHARM

Upcoming Federal Holidays & Training Holidays:

**Monday, Feb. 20—
President's Day (No
Training Holiday)**

**Monday, May 29—
Memorial Day (Training
Holiday: Friday, May
26th)**

**Tuesday, July 4—
Independence Day
(Training Holiday:
Monday, July 3rd)**

Kudos go out to...

Christina Gillespie, Homer LeMar, Adrian Monavais, Roderick Polk, Felecia Brown, Gary Hill, Asucena Ochoa, Maria Salinas, Jean Toussaint, Sean O'Neill, Linda Palomarez, Sarah Cho, Cindy Barrington, Sarah Goke, Sandra Swift, Elizabeth Sims, Tina leech, and Deb Kembro for all their energy and creativity in packing the "Holly Daze" Boxes for our deployed soldiers.

Also to..

Cindy Barrington (Mrs. Claus), Lennie Enzel (ornament organizer), Luann Lindemann, (photographer), Chaplains, deployed spouses and WBAMC attendees for going that "extra" yard to make the Tree Lighting Ceremony such a success.



Secretary of Defense Donald Rumsfeld visits the ER staff of the 10th CSH.



Troop Command & Other Phone Numbers:

LTC Melendez.....	569-2927
SGM Adams.....	569-2913
TRICARE Appointments.....	680-7600
WBAMC Chaplain's Office.....	569-2235
After Duty Houser (AOD).....	569-2121
Family Readiness Group.....	569-2728
Ft. Bliss Army Community Service....	568-1132

DECEMBER PROMOTIONS & AWARDS

PROMOTION TO CPT:

ILT LAURIE KWOLEK

COA:

COL WAYNE T. FRANK

"A" PROFICIENCY DESIGNATOR AWARD IN NURSING ADMINISTRATION:

COL LENORE ENZEL

CFC:

CPT LESHIA HUNT
SFC JOHN MCLENDON

ACH
ACH

ARTCOM'S

CPT SHANE CRITES
SPC SHAWN E. BLACK
SSG MAXIMINO BERRIOS
SSG RICARDO OLMOS
SGT ADAM L. BRESLER
SPC FORREST HANSEN
SPC RYAN OHLIN

SVC
PCS
PCS
SVC
PCS
ETS
PCS

WLC (PLDC):

SGT JOSE RODRIGUEZ
SGT DANIELLE ROSENTHAL
SPC FELIX TORRESNIEVES

ACH
ACH
ACH

HISPANIC HERITAGE OBSERVANCE (COA):

SSG JERRY BAGWELL
SSG INOCENCIO COMPEAN
SSG ADAM YBARRA
SGT BILLY CLAGGETT
SPC TIMOTHY ENGEL
SPC JUAN HERNANDEZ
SPC GABRIELA MARTINEZ
SPC RAYMOND PINTOR
SPC DANIEL ROSALES
SPC IRAM SOBARRZO
PFC MIRNA BARRAZA
PFC MANUEL HERNANDEZ
PFC CHRISTOPHER MUNIZ
MR. CLAUDE NOGESS
MS. LUZ TORRES
LOGISTICS DIVISION
NUTRITION CARE DIVISION
RESOURCE MGMT DIVISION

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JOINT SERVICE ACHIEVEMENT MEDAL:

SGT KYON L. CORTEZ

AAM'S:

LTC ALLEN B. KING
MAJ JEREMY JOHNSON
MAJ JOSEPH J. ZUBAK
SSG ROBERT T. JONES
SGT JERRY H. MONTOYA
SPC JAMES R. CAMERON
SPC MATTHEW HERNANDEZ
SPC AARON E. KEESLER
SPC JESSICA OSBURN
PFC RONALD MORRIS
PFC JEFFREY C. NEILSON

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PCS

PATIENT SAFETY:

SPC JASON GAGNON
SPC SUNG HAHN
SPC JAMIE JAMISON
SPC BENJAMIN RAWCLIFF

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ACHIEVEMENT AWARD FOR CIVILIAN SERVICE:

CYNTHIA A. HILL—ED
MARIA I. SUBER—ED

EMPLOYEE OF THE MONTH:

PILAR M. DANIEL—NCD

Congratulations!

LTC Christine Leech, AN, Director, 91WM6 Course, as well as our FRG Advisor, received the Bronze Star on 21 Dec. 2005. The award was presented by Brigadier General Robert Lennox, Commanding General, Fort Bliss.



Photo taken at the Hospital Tree Lighting Ceremony, held December 15, 2005.



Operation Holly Daze III Responses:

•WBAMC/FRG—I just wanted to say thank you very much for the package you sent me. I know all of you gave of your free time and I'm very grateful. It's nice to know we are still in your thoughts. I pray all of you have a Christmas full of joy, peace, happiness, and love. I'm doing fine here in Baghdad learning everyday. Once again Thank You for all your kindness!! Spc Patricia Banks

•Just got back to Iraq and had a package waiting for me. Thank you! SM Jan Potter

•Thank you so much for the warm wishes. I thank you from the bottom of my heart for the spirit of giving you have year round. Your dedication to keeping deployed soldiers and their families connected to WBAMC is more than commendable; it's a blessing! You make it all seem so easy. THANK YOU!!! Please pass along my sincere thanks to the entire FRG. Merry Christmas, MAJ Blackmore

•Thank-you for the gift. I am doing well. I wish you a happy holiday season. and again thank-you.--CPT Dzung-Young Nguyen

•Got the package. Thank you. Merry Christmas and Happy New Year!!! Thanks again. MAJ R Gelperin

•Happy holidays . Thanks for all the care packages that you have sent to U.S. soldiers. SGT. Glenn MINGOA

•Thank the FRG for sending me something, the little things sure do mean a lot out here. I am well cared for by the 101st Airborne- CPT Jonathan Parks

•Thank you for taking the time out of your day to send a gift. The book looks good. I do enjoy reading. May your holiday be good. Thank you again for sending all the items.—SSG Denney Choate



JANUARY AWARDS

ARCOM'S:

CPT DAHLIA L. PACHECO	ETS
ILT JAMES A. KILBOURN	PCS
SPC ALICIA KOPPEL	PCS
SPC JOHN W. KREMER	PCS
SPC YADIRA IVETH STROUD	ETS

AAM'S:

SFC GERALD TERRAZAS	ACH
SSG JERRY D. VIGIL	ACH
SGT JERICO D. ABACAN	ACH
SPC MICHELE DOUTY	ACH

MOVSM:

MAJ CURT A. MISKO	SVC
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**COMMANDER'S AWARD FOR
CIVILIAN SERVICE:**

MARIE JEWELL—TRP CMD (RET)

COIN:

WILLIE T. GRANDISON JR.

HURRICANE KATRINA AND HURRICANE RITA SUPPORT:

LTC ALLEN KING WILL RECEIVE AWARDS FOR ALL RECIPIENTS

GREAT AMERICAN SMOKEOUT:

CPT NELSON LOCKLEAR
CHRISTINA ARAGON
BELINDA CAVEY
ALEX CHAVEZ
CESAR CUBILLOS
SUSY FLORES
DONNA JUAREZ
BEA ,MARTINEZ
ESTHER MARTINEZ
LETICIA MIER
SONIA MORALES
LINDA NORTON
VICTOR PARRA
LOUSIE REDFEARN
DAVID RIOS
MARIA RUIZ
MELISSA TORRES
REBECCA ZIMA

WBAMC PUBLIC HEALTH NURSING
AMERICAN CANCER SOCIETY
AMERICAN LUNG ASSOCIATION
KLAQ FM RADIO STATION
KISS FM RADIO STATION
KISS FM RADIO STATION
REGION XIX EDUCATION SERVICE CENTER
TX DEPT. OF STATE HEALTH SERVICES
WBAMC HEALTH PROMOTION & WELLNESS
AMERICAN LUNG ASSOCIATION
AMERICAN CANCER SOCIETY
WBAMC HEALTH PROMOTION & WELLNESS
TEXAS A & M UNIVERSITY
WBAMC HEALTH PROMOTION & WELLNESS
KLAQ FM RADIO STATION
AMERICAN CANCER SOCIETY
TX DEPT. OF STATE HEALTH SERVICES
TX DEPT. OF STATE HEALTH SERVICES

**CUSTOMER RELATIONS EXCELLENCE CERTIFICATE:
NINTH FLOOR**

New Program at ACS—The Family Member Employment Assistance Program

The military lifestyle presents unique challenges to military spouses who are looking for employment due to frequent relocations. Additionally, it is widely recognized that successful spouse employment assists in retaining the career Active Duty service member. As a result, The Family Member Employment Assistance Program (FMEAP) was created to specifically address the employment needs of today's military spouse by providing them with the tools they need to successful search for and obtain employment.

The FMEAP is located inside Army community Service, Bldg. 2594, Ricker Rd. Inside our office is a well-stocked library with books on careers, resumes, cover letters, interviewing, federal jobs, and entrepreneurship. One-on-one career counseling is available to help military spouses identify goals and the necessary steps to achieve them. Additionally, the FMEAP provides a referral service to local employers. We keep listings of current vacancies available throughout the community and offer classes specifically designed for military family members.

To register for classes sign up at ACS or Call Shannon Branson at 568-7088 or 268-2673.



SSG Nicki Taylor, stationed with the 10th SCH, was recently promoted in Iraq.

Change of Command:

On 18th January at 1500 on the NE lawn there was a change of command for Bravo Company. Incoming Bravo Company Commander is CPT Charles D. Zamora and outgoing Bravo Company Commander is CPT Angela L. V. Latson. Good luck and thank you for your support, CPT Latson. Welcome To CPT Zamora and your family.

Informative Websites

Please visit www.blissmwr.com for more information on regularly scheduled activities and MWR facilities.

<http://www.estripes.osd.mil/> for the Stars and Stripes Newspaper

Army Once Source is a 24-7 information and referral service available to active duty and demobilized National Guard and Reservists, deployed civilians and their families world wide.
www.armyonesource.com

The post office will mail you priority boxes, labels, & tape free of charge. www.usps.com or 1800-610-8734

Learn more about military "lingo":
www.fas.org/news/reference/lexicon/acronym.htm

For children & teens:
<http://www.operationmilitarykids.org/>

Army Education (West Point, ROTC, OCS):
www.hrc.army.mil/site/active/opdistacc/ocs/cocs.htm

For articles on deployment/redeployment:
www.myarmylifetoo.com
www.hooah4heath
<http://www.ausa.org/family>

Deployment Health and Family Readiness Library:
<http://deploymenthealthlibrary.fhp.osd.mil>

DoD Deployment Health Support: <http://deploymentlink.osd.mil>

NEW Spouse job search site: www.militaryspousejobsearch.org

Military Spouse & Redeployment Info:
www.military.com

www.Military.com/spouse Connects military spouses with educational options, scholarships, training programs, career planning tips and employment opportunities.

New Profis Website:

10th CSH:

<http://www.carson.army.mil/10%20CSH/CSHweb/>

Information on helping children cope with deployment and separations: www.zerotothree.org

A Redeployment Guide for Parents: www.ausa.org (click on "Booklet Helps Parents Understand the Army".

<http://www.militaryonesource.com> has a link to an article about a free copy of Turbo Tax provided to the military by DoD

WBAMC-Family Readiness Group

5005 N. Piedras

El Paso, TX 79920